

Mary's Birth Plan

Name: Mary McGary

Place of birth: Home

Attendants: My midwife, Kathryn and birth assistant Sufia

Companions: my husband, friend Lorraine, and our children Ryan 7, Elena 5, and Theo 3.

Video and photography: The kids will have their own camera to take pictures during the birth. I will have a video camera there for the team to take turns taping. My husband will be taking pictures as well.

Pain relief: I plan to use walking, dancing, rolling on a birthing ball and water for pain relief. Lorraine is a massage therapist and will be massaging and using acupressure to help with pain. If possible, I would really like a water birth. We will have a pool set up in the back yard for that possibility (our yard is very secluded with a tall fence). I prefer aromatherapy and music to be used and will have that set up ahead of time.

IV: IV only if I become dehydrated. Even though I tested positive for beta strept, I would prefer that the IV not be administered unless my water breaks and my labor goes past 12 hours.

Labor Progress: I would prefer for my waters not to be broken as I am beta strept positive. I also request that few internal exams be done because of the risk.

Perineum Massage: I will have a crockpot and towels heating during the labor. I would like for someone to give me plenty of perineum massage before I get to the pushing stage. I have torn in the past and would like to allow for a natural tear to happen if I tear at all. Please, no episiotomy.

Delivery position: I am open to delivering on a birthing stool, in the water or squatting. I'd like to see where the labor takes me. My husband would like to catch the baby if it is an uncomplicated delivery. If we are in the pool he will get in as well and help with catching the baby.

Baby Care: We request that the baby be put upon my chest immediately after delivery and allowed to nurse. We would like for the cord to stop pulsating before it is cut. Ryan would like to cut the cord.

Infant feeding: I am going to breastfeed.

Vitamin K and eye ointment: We decline the Vitamin K shot, but would like the eye ointment to be administered.

If I am transferred to the hospital: Lorraine will stay with the children and my husband will accompany me to the hospital. I would like Kathryn to be with me at all times. I do not want the hospital giving the baby any bottles or formula. My husband will stay with the baby at all times. Beyond that, if I am transferred it will probably be a rare emergency and I understand that it is hard to plan for that.